Graceful Antics by Which Young Women Can Gain Strength While on Their Outing.

ATTIRED IN SURF SUITS THEY SHOULD TAKE THESE HEALTH-GIVING EXERCISES OUT UPON THE SAND BY STRENGTHENING SEA WAVES OR IN A GYMNASIUM . .



TO BE A MAGICIAN AT HOME.

Mystifying, But Simple, Tricks Explained and Illustrated by Hermann The Great.



WRITTEN FOR THE SUNDAY REPUBLIC. Magic has lately become very popular as a parlor entertainment, and many social leaders have seized upon this form of entertainment to amuse their guests.

The following feats of sieight-of-hand are

easily learned and will contribute no end of amusement when properly performed in a parlor before one's friends. VANISHING THIMBLE.

Take a thimble and place it at the tip of the first finger of the right hand, get hold of it with the left hand; now open both hands and the thimble has vanished. First you must select a thimble which will fit quite tight to the first finger of the right hand and hold the hand in the same position as shown in Fig. 1.

Now, as soon as the left hand comes to

meet the first finger of the right hand and gets hold of the thimble, you can change quick the first finger for the second one and it is in reality only the second finger that the left hand grasped, and, putting down slowly the right hand, the left one stavs closed, Fig. 2

While the first finger of the right hand is tight closed with the other fingers so as to hide the thimble, be careful when the left hand comes to get hold of the thimble to make the change of the first finger for the

make the change of the first iniger for the second one very quickly so that nobody can be the substitution.

While every one is looking at the left hand, which stays closed and supposed to hold the thimble, you take advantage of that moment to palm the thimble from the tip of the first finger (right hand), which

will be quite easy as all the fingers are Now, you open the left hand and the thimble is gone.

ENCHANTED FINGER RING.

ENCHANTED TINGER RING.
Take an ordinary glass, that you will pass
for examination to show it empty.
Ask a gentleman to hold it. Borrow a
finger ring and place inside a silk handkerchief, and give it to the person who already holds the glass.

You ask him to keep the handkerchief with the ring over the glass, as shown in Fig. 1, so that, at your command, he can drop the ring into the glass, and also let the handkerchief go at the time to cover the glass entirely. Now you take your magic wand or stick about one-half an inch thick and one foot long, that you have already on the table; you take another handkerchief that you berrow from some one in the audience, and you roll it up around the attck, but you must leave the engs of the stick free, so that another person will be able to hold it by the ends without interfer-

ing with the handkerchief. Fig. 2.

Then you ask the person who is holding the glass to shake it, so as to hear that the rings is always there; take the handker-chief which covers the glass by one corner, remove it quick from the glass and the ring will be gone.

will be gone.

Now you go to the person who is holding the stick, and by removing the handker-chief, which is around, you will find that the ring has passed in the middle of the

Have a false ring attached to a piece of

thread of about three inches long, in the center of a silk handkerchief.

Have that handkerchief in the outside little pocket of your coat; when you borrow a ring from one of the ladles in your audience (the false ring on your side), and with the right hand you place the ring of the lady (the real ring) in the handkerchief, but as soon as the handkerchief covers the right hand you change quick the real ring for the

which is attached to the handkerchief, and you keep the real ring in the paim of the right land, while you hold with the left the false ring in the handkerchief. Now you give the handkerchief and rings to the person who is holding the glass and

ask him to hold it over so that at your command it will be easy for him to let it drop in the glass. Of course, everybody will hear the drop of the ring in the glass, as the length of the thread is long enough to give a kind of a loose balancing to the Be careful also that the handkochief cov-

Be careful also that the handkpchief covers the glass all around, so that nobody can see the ring inside.

Now you take one end of your stick with the right hand (which has the ring in the paim) and you manage so as to pass that ring through, but always by keeping the hand closed to hide the ring. Now, when you roll up the handkerchief around the stick, you twist the handkerchief around the ring that you slip in the center of the stick, and it is only when you give the stick for some one to hold that you take your hands off. Now everything is ready for the execution and you perform it as I have explained in my article above.

LEON HERMANN.

spinal trouble, for the salt and the minerals clses for indoors and exercises for out-ofthat are in sail water act directly upon the spine, strengthening it and making it very much more able to bear its burden of supporting the body." SALT BATHS THE DEST

The woman who cannot get the real salt water can buy sea salt in a bag and, after she has taken her exercise, she can put salt in the water and take a salt bath. Mineral sait is best, not common table sait by any means, but real sea sait, and the tub should be full as possible of tepid water, made sait; with the sea sait.

The water should be neither very het nor

a sea on a mild day.

The bath following the gymnastic exercises is one of its most important of all things, for it is the climax, or the completion, of the day's work. And by it the ama-teur athlete can determine whether her

work is well done or not.

The right kind of a sea bath leaves one feeling very brisk, but the wrong kind leaves one full of aches and pains and a thousand times werse than though no exerelse had been taken at all and no bath had wed it.
take the right kind of a sea bath in a

tub, fill the tub over night with water, or let it stand three hours in the middle of the This depends upon whether one is going to bothe in the morning or at night. Water

that has stood over night is just right for The water will become of just the temperature of the room and there will be no sheek. Just before taking the plunge add about a

quart of very het water to take off any pos-sible chill. No soap is, of course, used with the sea-salt bath, People who are too stout should take the cold bath, for it is a great reducer. The most violent exercise should be taken while in the water, for this also tends to reduce.

But people who are very thin should take the hot bath and should remain in it as long as it is comfortable.

These who bathe merely for the strength, and for the necessary ablution, can take the medium temperature and exercise a little

HOT OR COLD WATER.

One kind of a bath fattens and the other kind reduces. The science of it all is that warm water

is absorbed by the skin more easily than cold water and the woman who wants to plump out her fiesh will do so much more readily in hot water than in cold water.

A woman who recently died in France had not stirred for twenty years, being all that time in a curious condition of muscular inactivity.
She was sustained almost entirely by milk

buchs, and mak was using radded into her ekin. On the same principle warm water can be absorbed by the skin and the candidate for slimness should not remain for too long a time in the hot bath. But the girl who is going to take symna-

who wants to exercise can get out into it.
But, if sait water is within her reach, she should go to the shore, put on a good bathshould go to the shore, put on a good bathto get all the benefit of the summer air and But, if salt water is within her reach, she low certain lines of exercises if she is going should go to the shore, put on a good bath-

> deers, and that the two are entirely different.
> In exercising out-of-doors one can exert every muscle without doing the system any harm. But, in exercising indoors, one must

> be more careful.
>
> In a gymnasium one can exercise first the arms, then the legs, then the chest, then the abdomen and so on, until the whole body has had its exercise. But in the open air the matter can be

> taken up much more vigorously and more thoroughly.
>
> Remember, in exercising in the open air there is a plentiful supply of exygen and that the lungs can have all the fresh air they want.

> It is almost impossible to exhaust them, for a fresh supply is constantly being fed into them.

> STRONG AND GRACEFUL Almost the same argument applies to the heart and all the internal organism brought into play in violent exercise, for the fresh air gives a new supply of strength as fast as the old supply is exhausted.

There is always plenty of ozone for the one who is exercising in the open air. But the girl who is going to be a water witch in a bathing suit, out in the open air, must exercise correctly, or, instead of bethe will be a muscular one, remarkable for her strength and her endurance, but not for her beauty or her attractiveness.

It is possible to be strong without being

sculine, to be fleet-footed as Atalanta without being awkward; to be erect without looking like a beanstalk, and to be so strong of muscle that one can stand on one's hands or hang by one's arms without being in any way ungraceful.

The very best athletes are extremely

graceful, but the amateur too often gives up everything in her pursuit of strength, and, when she has gained muscular perfection, she is contented without trying to make herself pretty in outline and carriage.

Now, the perfect gird, the water witch of
the summer, is remarkable for many things.

First, she is as graceful as a nymph; sec-

ond, she can walk perfectly erect; third, she has the straight front which is called the military front; fourth, she has the straight back which is called the soldler's back, and, fifth, she can prove by her muscular feats hat she has control of every set of muscles in her body.

Of course, she is exquisitely developed.

Now, the first exercise for the girl in the bathing suit is an easy one.

Any woman can try it, but she must losen her clothing and she must take off her shoes, for it is one that will exert every little muscle of the body and call most of the nerves into action.

HOW SHE MUST EXERCISE. She must stretch herself flat upon the floor and cross her feet. Then she must touch her hands together. open them wide and stretch them above he

and She must lie thus, with toes extend-

nymber. To the girl stretched out has upon the outdoor treatment.

She must remember that there are exer-cless for indoors and exercises for out-of-cless for indoors and exercises for out-of-the floor they begin with lifting the arms as high as possible over the head, keeping the hands open and touching each other. The second one is to lift the hands high in front of you with the fingers still touch-

ing.
And the third one is to lower them as far as possible, still touching the fingers together. Practice this for fifteen minutes

if your arms will stand it.

The second of the seashors exercises, which can, of course, be taken out upon the lawn or the plazza if there is no seashore handy, begins with lying flat upon the back.
The hands are lifted high in front of you

and the fingers outstretched. One knee is now lifted high, while the other leg is still stretched out flat.

Then the other knee is lifted, and so the knees are see-sawed, first one and then the other as high as possible, until after some trial the athlete has no difficulty in lifting

the knee at right angles with the body and holding it there, while the other leg is on a level with the body. The third exercise for the seashore girl a sand exercise it is called-consists in lift-ing herself on her hands

She lies flat upon her face and gradually lifts herself on her hands until the weight of her body rests upon the palms of her hands alone. At the same time she lifts herself so that she is supported on her toes. EXERCISES FOR THE SEASHORE.

She keeps on doing this, arising and low-ering herself until she feels as thoug's her toes and her fingers would brenk. But, as for the rest of her body, it is

supple as ever and not taxed in the least.

Women with weak backs and women who
want to be graceful can try this with telling effect, for it is the best of all straight front exercises.

There are those women who are not fat, yet who are not graceful. When they look at themselves in the glass they notice that they do not seem to stand correctly, The shoulders are too low, the bust is not erect, the abdomen is too high and the hips seem out of line.

The trouble is that they do not stand cor-And to determine whether or not she stands correctly, a woman can put her fig-ure to an easy test.

Let her take a string and attach a weight Let her now stand with the end of the string in her mouth, and the weight dang-

ling near the floor.

If she stands correctly the string will just swing clear of the tip of the bust and of the thickest part of the abdomen.

If it touches the abdomen it is a sign that the does not stand truly.

The practice of lifting one's self, face downward, upon one's hands is an excellent exercise for the straight front, and the woman who is not correct in the front. outline can try it to her own great benefit. It will also give the flat straight soldier back which is now so much sought.

A woman can be heavy and still have a

flat back, for the fat need not be on her

blades and she can be stout and

It is all a matter of exercise and of cor-rect carriage, and the woman who wants to be correct in these respects should try the exercises which will give her perfec-

Above all, don't forget to put on a be-coming suit, for no woman ever practiced gymnastics as she should practice them is a suit that did not fit her. LETTERS TO ANXIOUS READERS.

Readers of this column are kindly requested not to send money. The advice is given free. If you want a private reply, send a self-

addressed stamped envelope. Put your own name, the name of your street and the full name of the city and State upon the envelope.

Do not inclose postage stamps, but stamp your inclosed envelope.

Several letters have been received from readers who enclosed postage, but omitted to give the street number. Of course it is

impossible to reply.

Mrs. John T. G.-I am very heavy, and I cannot reduce my weight. What would you advise? You are wrong in thinking that you can-

not reduce. But since you think you can-not, why, try to look slimmer, anyway. Learn how to put on your corsets properly. The most effective physical culture for the purpose is, I believe, vigorous walking.
It is very important that the stout woman

should learn the laws of equilibrium and know how to carry herself properly. Many women that have too much flesh manage to look forty pounds lighter cause they know how to breathe and how o walk.
Mrs. A. B. C.-My grateful thanks to

you for taking the wrinkles out of my I am 40 years old, yet my skin is again

es smooth and pretty as when I was 20. I did not suppose it could be done. College Girl-Can you give me a Mack-

I am bothered to death with this annoyance.

Steam the face according to my special face steaming formula and apply this:

Strained honey, twenty-five drams; white scoap cut in thin strips, forty grains; tincture of benzoin, ten grams; white wax.

thirty grams; storax, ten grams.

Melt the soap, honey and white wax, and mix; then add the benzoin and storax.

Spread this on the face.

Take off with a soft cloth and wash the face in hot water.
Use a skin food every day to keep the

blackheads from returning.
Grace M.—My cyclashes are short and stupby and my lids are red. Can you help me by giving me a tonic?

Bathe the eyes with warm boracle add. Tell the druggist how you are going to use

Tonics for the eyelashes must be used with consideration, as all oily applica-tions will irritate the eyes. Wirch hazel diluted will sometimes in-

spirit a heavier, longer growth of the lashen, but as a general rule you cannot make